

## ABSTRACT

5 A fall arrest device includes a U-shaped member (3, 5)  
adapted to accommodate a track (7) of a fall arrest system.  
A cam member (15, 17; 81, 83; 87, 89), including an  
actuating arm (21; 85) and a cam portion (19), is pivotably  
10 mounted on the device such that the cam portion is movable  
towards the U-shaped member so as to lock the track between  
the cam portion and an internal surface of the U-shaped  
member in the event of a fall. Biasing means (22) urges  
the cam member to a position in which the cam portion is  
15 adapted to allow the track to pass between the cam portion  
and the internal surface of the U-shaped member. Actuating  
means (27; 93) is adapted, in the event of a fall, to  
engage with the actuating arm or the cam member and to  
cause the cam member to pivot against the biasing force of  
20 the biasing means such that the cam portion locks the  
track. Friction means (55) is adapted in use to engage  
with the track such that at least a predetermined minimum  
load is required to cause the device to move relative to  
the track.